WRHCS Summer Safety

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Summer Safety Precautions
Water Safety

Never swim alone.

Swim only in authorized areas.

Don't use drugs or alcohol while swimming.

Never jump or dive into unfamiliar water.

Use only approved personal flotation devices.

Know the water temperature. Any water below 70 degrees

Fahrenheit hampers a swimmer's capabilities and endurance.

Know your own and your companies' water survival levels.

Know the water velocity (tides, current, undertow).

Boating Safety

Tell a friend or relative where you are going and when you plan to return. Make sure they have a complete description of your vessel and other information that will make identification easier should the need arise.

Check weather warnings and forecasts both before leaving shore and while at sea. Remain watchful for signs of bad weather and listen to NOAA Weather Radio broadcasts on your VHF radio.

Practice the "One-Third Rule" by using one-third of the fuel going out, one-third to get back and one-third in reserve.

Assure that your vessel is in top operating condition and that there are no tripping hazards or sharp edges exposed.

Do not exceed the "U.S. Coast Guard Maximum Capacities" label.

People = <u>(Length of Boat X Width)</u>

To anchor, bring the bow into the wind or current and put the engine in neutral. When the vessel comes to a stop, lower, do not throw the anchor over the bow. The anchor line should be 5 to 7 times the depth of water.

SWIMMING SAFETY

On a scorching summer day, nothing is quite as refreshing as jumping into the nearest body of water. Many hours are spent in, on and around water as people of all ages seek a little relief from the latest heat wave. As cool and inviting as it may look, water can be a killer. Drowning claims about 4,800 lives each year and is the fourth leading cause of accidental death in the United States.

Most drowning occurs in natural water environments (lakes, rivers and oceans), and most swimming pool accidents happen in privately owned facilities found in homes, apartments, hotels and resorts. Unintentional entry into water accounts for more than half of all drowning and includes trips and falls from docks, boats, bridges and pool perimeters. These accidents are often the result of horseplay, roughhousing, the use of alcohol and/or drugs, or a child's curiosity.

Swimming accidents cause hundreds of spinal injuries each year, many resulting in permanent paralysis for the victim. These injuries are caused by diving head first or too deep into shallow water, diving into objects or other swimmers, diving from high places, and diving into water of unknown depth. Most serious injuries, about 95 percent, result from dives into water less than five feet deep.

SWIMMING SAFETY (CON'T)

The majority of water-related accidents are preventable. By following simple safety rules, acquiring swimming and diving skills, and recognizing hazardous situations, you can avoid a tragedy. The following swimming and diving precautions can help you make it a safe summer.

• Seek swimming instructions from a qualified instructor for you and your children. Many water-related accidents occur when people are mistakenly confident about their swimming ability. Take the time to develop complete swimming and diving skills.

• Never swim alone and, when possible, confine your water activity to areas supervised by lifeguards.

• Children must be supervised constantly by a responsible adult whenever they are in or around water. Obey posted safety rules

LAWN MOWER SAFETY

Along with spring and summer fun comes lawn care. Most homeowners or renters who care for their own lawns use the rotary-type power movers. The blades of these mowers revolve at speeds between 1800 and 3000 revolutions per minute. This means the cutting edge of a 20-inch blade is traveling at speed between 100 and 180 miles per hour. Imagine what could happen if a person was struck by a steel blade traveling that fast or by a stone or piece of wire thrown by the blade. This point alone illustrates just how important safe handling of your mower can be!

Along with the increased use of power lawn mowers, there has been a closely related increase in accidents involving both operators and bystanders. Most of the accidents have been due to carelessness or lack of knowledge on the part of the operator. A recent survey indicated approximately two-thirds of the injuries were caused by direct contact with mowers, and one-third of all injuries were caused by objects that were thrown by the mowers.

LAWN MOWER SAFETY (CON’T)

This same survey showed that about two-thirds of the direct contact injuries were to toes and feet, and one-forth to fingers and hands. Here are a few tips for using lawn mowers:

Be familiar with your lawn mower. Read the operator's manual and follow the manufacturer's instructions.

Inspect your yard. Pick up small objects such as stones, metal, glass, wire, etc. These types of objects can cause severe injuries when thrown from a lawn mower.

Wear safety shoes or boots that provide adequate traction on slippery grass. Tennis shoes and bare feet are no match for whirling blades and thrown objects.

Wear eye protection. Even a small piece of grass or speck of grit in the eye can cause a very painful abrasion.

LAWN MOWER SAFETY (CON’T)

Wear hearing protection. Most lawn mowers operate around l00 db (decibels), OSHA recommends the wearing or hearing protection when noise levels exceed 85db.

Never leave a power mower unattended when running and do not refill the gasoline tank when the motor is running or when it is hot.

Stop the motor before removing any debris from the mower.

Insist that children stay away from the mower.

GRILL SAFETY

It's possible to enjoy a sizzling-hot summer without getting burned! When the time comes to haul out the grill, give some thought to this advice from the National Fire Protection Association. It could keep you a lot safer this summer.

Keep barbecue grills far away from anything that can burn--your home, cars, dry vegetation, etc. Stay with the grill when lighted, and keep children and pets well away from the area. When barbecuing, protect yourself by wearing a heavy apron and an oven mitt that fits high up over your forearm. If you get burned, run cool water over the burn for l0 to 15 minutes. If you receive a serious burn, with charred skin, seek medical attention promptly.

Barbecue grills must never be used inside the home because, in addition to the fire hazard of indoor grilling, the grill can easily cause carbon monoxide poisoning. If lightning appears while you're grilling, seek shelter and wait for the storm to pass.

GRILL SAFETY (CON’T)

For ***charcoal grills,*** only use starter fluids (never use gasoline) designed for barbecue grills. Use a limited amount of starter fluid before lighting the fire. If the fire is too slow, rekindle with dry kindling and add more charcoal if necessary. Don't add liquid fuel to re-ignite or build up a fire, as flash fires can result. Soak the coals with water before you discard them and leave the grill away from the house until completely cool.

For ***gas grills,*** always store the gas cylinder outside - away from structures - and turn off the valves when not in use. Check frequently for any leaks in connections by using a soap-and-water mix that will show bubbles if gas escapes. When purchasing a gas grill, select one that bears the mark of an independent testing laboratory. Follow manufacturer's instruction and if needed, have it repaired by a trained professional.

BOATING SAFETY

Boating season in now upon us and that means experienced and responsible boaters along with inexperienced and irresponsible boaters take to the waters. The chaos resulting from this is causing a mounting toll of accidents, injuries and sudden death on the water. The vast majorities of people who die in recreational boat accidents have fallen overboard or capsized their boats. Contributing factors to these accidents include traveling too fast, failing to follow boating rules and regulations, carelessness and of course driving under the influence of drugs or alcohol. Once in the water, even an experienced swimmer can quickly lose orientation and drown.

Most of the people who drowned in boating accidents had life jackets; when they died, they were not wearing them. Everyone knows that life jackets save lives, but they can only work if people wear them.

BOAT SAFETY (CON’T)

Life jackets stored below deck or jammed into a storage compartment are of no use to someone who falls overboard and is knocked unconscious. Properly worn life jackets will keep a person floating in an upright position until help arrives. Inexperienced boaters seldom realized how vulnerable small, open boats are on the water, and don't appreciate the importance of wearing their life jackets. The National Safety Boating Council urges boaters to make sure, before leaving shore, that everyone on board is wearing a well-fitting life jacket.

Most boaters get caught in storms because they don't keep an eye on changing weather or refuse to come in when threatening clouds appear. All skippers should check weather forecasts before starting out, and it's a good idea to take a radio with you and let someone know where you are going, who is with you, and how long you'll be away.

BICYCLE SAFETY

Riding a bicycle is more than basic transportation - it can be a fun and exciting hobby. When you ride, you're not alone. You share the road with cars, trucks, pedestrians, and other cyclists. Many children and parents have misconceptions about safe bicycle riding. They assume that the biggest risk of injury to a child on a bike comes from colliding with a car, when, in fact, most bicycle crashes involving children don't involve cars at all.

Most injuries occur to children when they fall from bikes, collide with fixed objects (life curbs or trees) or lose control of their bikes. This is why parents need to buy bikes that are suitable for the child. Children cannot control a bicycle that is too large. A child must be able to straddle the bike and stand with both feet flat on the ground.

BICYCLE SAFETY (CON'T)

The two most common riding situations for crashes involving cars are riding against the traffic and riding out of a driveway or sidewalk into the street. Parents need to teach children to look left, right and left again before riding into traffic from a sidewalk, driveway or parking lot. Children should also learn the proper hand signals for left turns, right turns and stopping. Make certain they understand and observe all traffic signals and signs.

Having children wear bicycle helmets is the single most effective thing parents can do to make bicycle riding safer. Wearing bicycle helmets can reduce head injuries by up to 95%. Parents MUST insist that children wear a bicycle helmet at all times while riding a bicycle.

Parents should also wear helmets when riding to act as role models for the child, as well as for their own protection. Only bicycle helmets are designed to protect your child from injuries sustained in bike crashes or falls. Football helmets or hard hats are not acceptable alternatives to bicycle helmets.

BICYCLE SAFETY (CON’T)

Always make certain helmets are approved by the American National Standards Institute (ANSI).

Restrict cycling to sidewalks, paths and driveways until children can show how well they ride and observe basic rules of the road. Teach your children to follow these basic rules of the road.

• Stop before riding out into traffic from a driveway, sidewalk, alley, or parking lot. Look left, right, and left again. When there's no traffic, enter roadway.

• Ride on the right with traffic, if you must ride in the street.

• Obey stop signs and red lights. Kids under 12 should walk, not ride bikes through busy intersection.

THE BUZZ ON BUG BITES

Insects either bite or sting. Mosquitoes, flies, mites, chiggers and ticks use their mouth to suck blood from their victims. Honey bees, bumblebees, yellow jackets, hornets and wasps use a stinger to inject venom. Spiders use a combination of biting their victims and injecting venom through their fangs. Here's a list of summer insects to watch out for.

Honey bees and other little stingers
Pay special attention to open soft drink containers and glasses. Swallowing an insect can be dangerous, as a sting inside the throat can swell your airway.

If an insect lands on you or your food, blow or gently brush the insect away. It is only investigating or foraging.

Avoid wearing bright colors, flowery prints, and black clothing, which attract stinging insects, as do the odors from soaps, perfumes, lotions and hair-care products.

THE BUZZ ON BUG BITES (CON'T)

If stung, brush the insect from your skin to prevent an additional sting. The honeybee leaves its stinger behind along with an attached venom sac that continues to pump toxins into its victim. Scrape the stinger away from the skin with a fingernail or credit card.

Non-allergic reactions usually last a few hours. Redness and swelling may develop around the sting site, and localized pain and itching are common.

Mosquitoes
These biting insects are attracted by body heat and carbon dioxide from our breath, as well as sweet odors and bright or flowery clothing. They live where water collects, such as birdbaths, canoes and plant pots.

Ticks
Ticks feed on blood. They "hitchhike" onto their victims from grass or leafs, attach themselves and begin to feed. A tick's bite is painless and can remain embedded for days without the victim knowing.

THE BUZZ ON BUG BITES (CON'T)

To prevent a tick bite, wear long-sleeved shirts, long pants, and a hat when in wooded or grassy areas. After returning home, inspect yourself carefully for ticks, or have someone else check you out.

If you find a tick, pull it off using tweezers. Grab the tick close to the skin, and without twisting, pull away with steady pressure. Or lift the tick slightly upward, and pull parallel to the skin until the tick detaches. Common remedies, such as petroleum jelly, rubbing alcohol, and a hot match are not effective.

If a rash or flu-like symptoms (fever, headache, joint and muscle pain) develop within 3 to 10 days, you could be infected with Lyme disease. Seek medical attention immediately. Symptoms include one-sided paralysis, arthritis, meningitis, and nerve and heart damage.

LEADING CAUSES OF ON THE JOB INJURIES

Let's face it. No one wants to get hurt on the job, or anywhere else, for that matter. Yet each year, millions of workers suffer workplace injuries that were largely preventable. Knowing the leading causes of these injuries is the first step in learning how to protect against them.

Physical Overload

The number one cause of on the job injuries is physical overload --lifting too much or lifting improperly, straining, overreaching, bending, twisting and otherwise making our bodies go in ways that they're not designed to go. To avoid physical overload, learn and use proper lifting techniques, never bend or twist while lifting or carrying, and whenever possible, use mechanical help or buddy lift.

LEADING CAUSES OF ON THE JOB INJURIES (CON’T)

Impact Mishaps

The second most common cause of workplace injury is impact mishaps, being hit by or hitting against an object. The best ways to avoid impact mishaps are:

(1) to be alert to potential hazards (for example, suspended video monitors, hanging bulleting board, etc.)

(2) push, don’t pull when moving equipment.

(3) when removing items from high shelves; use a ladder or step stood.

(3) follow your shop's safety guidelines.

LEADING CAUSES OF ON THE JOB INJURIES (CON'T)

Falls

Next in line are injuries resulting from falls. Fall injuries are as common in the home as they are in the workplace so fall prevention is important at all times. To avoid injuries from falls, be sure that your footing is firm -- wear slip-resistant shoes and avoid hurrying. Make sure that walkways are well lighted and clear of obstacles. Inspect ladders for defects before using them. Always use handrails when climbing or descending stairs.

Machine Mishaps

The last of the major causes of on the job injuries are machine-related mishaps -- getting caught by moving machine parts. When working around any machine that rotates, slides, or presses, use extreme caution --never wear jewelry or loose-fitting clothing that could get caught in your machine. Always use safety guards, shields, and appropriate lock-out procedures. And never work on a machine unless you are specifically trained and authorized to do so.

LEADING CAUSES OF ON THE JOB INJURIES (CON'T)

Be Safe, Not Sorry

The nature of mishaps is that they can happen anywhere at any time. But, by using safety sense, you can eliminate the overwhelming majority of workplace injuries. Be alert to the hazards you face each day and learn what you can do to protect yourself against accidental injury and disability.

HAVE A SAFE SUMMER!

For information on other topics, please contact the WRHCS Safety Office @ 782-4876/5010/5794.